

# ARE YOU SICK!

Your Resolution Should Be:  
"I will Get Well the Mechano-Therapy Way"

Mechano-Therapy is a scientific method of finding the cause of disease in the spinal column (back bone), and correcting that cause by adjusting the vertebrae (segments) of the spine to eliminate any pressure on the nerves that pass out from the spinal cord to supply all parts of the body with nerve force (life). When this is done nature will make you well. Mechano-Therapy adjustments open the channels for nature to do her work.

Let us explain how Mechano-Therapy will make you well. No charge for consultation.



So-called headaches, eye diseases, deafness, epilepsy, vertigo, insomnia, wry neck, facial paralysis, locomotor ataxia and other inco-ordinations are caused by pressure on nerves at this point.

Pressure on nerves in this part of the spine is the cause of so-called throat trouble, neuralgia, pain in arms, goitre, nervous prostration, la grippe, dizziness, bleeding from nose, disorder of gums, catarrh and other so-called "diseases."

Pressure on nerves here will cause so-called bronchitis, felons, pain between the shoulder blades, hay fever, writers' cramp, and other troubles.

Nerve pressure at this point causes so-called nervousness, heart disease, asthma, pneumonia, tuberculosis, difficult breathing and other lung troubles.

So-called stomach and liver troubles, enlargement of the spleen, pleurisy and a score of other troubles are caused by pressure on nerves in this part of the spine.

At this point we find the cause of so-called gall stones, dyspepsia of upper bowels, fevers, shingles, blotches, worms, and many other inco-ordinations.

Pressure on nerves at this point will cause so-called Bright's disease, diabetes, floating kidney, skin diseases, boils, eruptions and rheumatism.

Such troubles as so-called appendicitis, peritonitis, lumbago, etc., yield to Mechano-Therapy adjustments in this part of the spine.

Why have so-called constipation, rectal troubles, sciatica, etc., when adjustments at this part of the spine will eliminate the cause?

A slight displacement of one or both hip bones will produce so-called sciatica, together with many "diseases" of pelvis and lower extremities.

For any of these ailments, or that dreaded pain in the side and back see

**DR. W. J. WOOD, M. T.**

I SPECIALIZE IN CHRONIC DISEASES OF THE HUMAN BODY. TEN YEARS' EXPERIENCE. I HAVE ALWAYS BEEN ABLE TO GIVE RELIEF.  
402 NORTH GREENWOOD STREET, TULSA, OKLAHOMA.

## THE DANGER OF THE SPITTING HABIT

Don't Spit?  
Then What?

Those are the questions that have been coming into the office of Jules Schevitz, General Secretary of the Oklahoma Tuberculosis Association, since the Anti-Spitting campaign got under way in Oklahoma.

In an interview yesterday Schevitz explained that spitting is considered in the great majority of cases a filthy and unnecessary habit, and that in almost every case when necessary it is done without precautions.

"If one must spit," Schevitz said, "he should take care that his sputum is not deposited on the side walk, floor or steps, but in the gutter, spittoon or other receptacle provided for the purpose. It is not generally realized that by disregarding this simple and easy rule one is actually committing a crime against society—a crime that may result in the illness and even death of many of his fellow citizens."

"The germs prevalent in sputum live for a considerable time and make their way into homes and into other bodies with remarkable speed. It has been truthfully said that if the germs in sputum were colored blue the hands and faces of the great majority of the population would be a deep indigo."

"Some of the germs in sputum are harmless. Others are a menace to the health and lives of each and every member of the community. Spitting in the majority of cases is

an entirely unnecessary and filthy habit. In the few other cases it can be controlled in such a way that community health is not menaced. Don't let the habit get a foothold. Stamp it out before it becomes a part of your character."

## SOAP, SOAP, A FORTUNE FOR SOAP!

(Star News Service).

OKLAHOMA CITY, Okla., Mar. 26.—How an English Naval officer in Libau acquired a luxurious, mahogany-furnished private yacht in exchange for two cases of soap, is told by Lieut. Lucien E. Messenger, until recently in charge of Children's Relief Work in Lithuania for the American Relief Administration.

"Soap is so scarce throughout Eastern Europe," declared Lieut. L. E. Messenger in a report on his relief work in Lithuania, Poland and the Baltic provinces, sent to Dr. Joseph Blatt, vice-chairman of the Oklahoma Jewish Relief Committee, "that this English officer found himself the most sought after man in Libau."

"One of the wealthiest citizens in Libau, with plenty of the luxuries of life but none of the necessities, finally got two cases of soap in exchange for his private yacht."

Lieut. Messenger told of seeing little children so hungry that they swept flour dust off the wharves, where it was being unloaded, and ate it along with the dirt it contained.

"It was necessary to maintain

armed guards around the wharves and stations to keep the starving people away from the white flour which they hadn't seen in five years," he continued. "Not only did the children sweep the flour off the ground and eat it, but the hungry workmen unloading it, would cut the sacks and eat it raw."

"I saw children unable to walk or crawl because of malnutrition when we arrived. Ten days after receiving our American cocoa, milk, rice, etc., these same children came in a body to our door with smiles to thank us."

The Oklahoma State Jewish Relief Committee will conduct a campaign for funds to feed and clothe Europe's war victims. The campaign will run from April 5 to 12.

## MUSKOGEE AND OKMULGEE CONTENT FOR REV. JONES

Muskogee's "Little Baptist Giant" Transfixed On Two Horns of a Dilemma.

(Star News Service).

MUSKOGEE, Mar. 27.—The good did peace loving, fighting Baptists of Muskogee and Okmulgee may be long to the same church and same pew, but when it comes to the pulpit, they are just now and have been for some time at loggerheads. This variance is due to the fact that both of them want the same pastor, and the pastor wanted thusly is Muskogee's famous "Little Giant," the Rev. S. S. Jones. For a number of years the Rev. Jones has been preaching on one Sunday at Antioch Baptist Church, Muskogee, and the next Sunday at the Church in Okmulgee. He has the credit of having built both of these churches, and naturally while he feels both of the churches are his, each of the congregations believe he belongs to them and there you are.

We do not know whether this every etc., Baptist desecrate has told his troubles to a policeman or not, but we are certain when the members of these congregations take the floor to tell their grievances, it will require the power and wisdom of a King Solomon to bring peace to troubled waters.

There was a time when Rev. Jones had the unanimous strength and voice of the Antioch Baptist Church, Muskogee, behind him. But that is not the case today, there are quite a number of both sisters and brethren, pillars of the Antioch Baptist Church for years, who are now openly expressing their opinion, that they would sooner see Rev. Jones

## HOTEL GIVENS

Quit as a Mouse Safe as a Bank  
Real Estate Money to Loan  
Bring Your Families  
Mr. and Mrs. R. A. Givens  
The Jewelers  
Phone 2137  
226 Elgin Muskogee, Okla.

MRS. MABEL LITTLE  
THE TAILOR SYSTEM  
OF HAIR GROWING.

Guaranteed to grow hair long and beautiful.  
103 1-2 N. Greenwood Street.

## The Red Wing Hotel

206 1/4 North Greenwood St. Telephone 7874 Tulsa, Oklahoma

### A RESIDENCE HOTEL

—a place where you and your family will be sure to enjoy living, because of its homelike comforts, and because of the friendly and sociable associates which introduces one large, cheerful family.

You will like it because of the respect and courtesy that is shown to each of our tenants. You will find plenty of nice, large cool, clean rooms and they are all nicely furnished. They can be had either single or in suite.

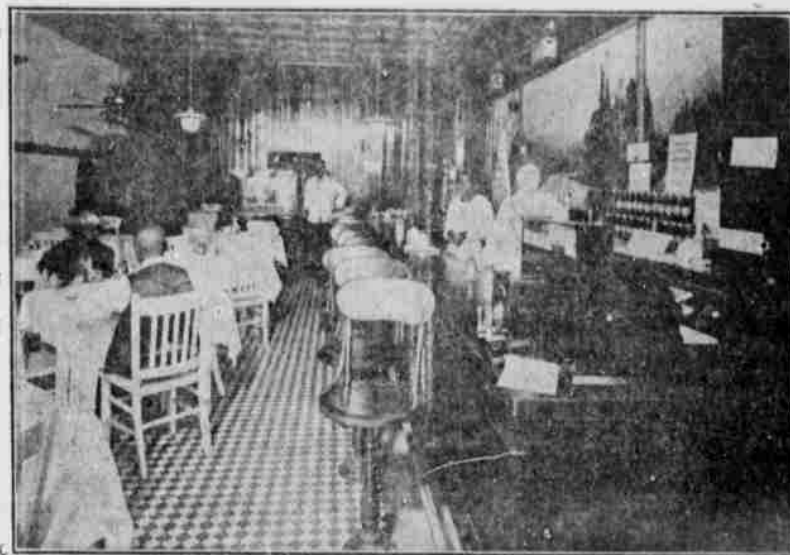
Our rates are as low as \$3.00 per week.



### ONE OF THE MAIN FEATURES

at the Red Wing Hotel is the attention to the transient public. You will at all times find plenty of comfortable and luxuriously furnished rooms and besides our very low rates you will have a safe feeling and will be unembarrassed to bring your wife, mother or daughter.

Have a room reserved for you friend and make their visit to Tulsa a pleasant one.



## The Red Wing Cafe

Under the personal management of

**Julius T. Presley**

### OUR NEW SPRING LINE IS NOW HERE



Come and see us and be surprised.  
\$22.50 up.

CLARK TAILORING COMPANY

314 1-2 East Archer

Telephone, Osage 5110

election as delegate to the Republican National Convention, William A. White declares that Henry J. Allen is his choice for president, first, last and all the time. He has no second choice.

A presidential campaign is on. It promises to be full of surprises and

Real Estate Bought and Sold; Money to Loan  
**SADDLER & CORBETT**  
Attorneys at Law  
Practice in all Courts of the State of Oklahoma, both State and Federal  
Office Hours: 8:30 a. m. to 6:30 p. m.  
Phone 6918; Office, Smith Building, 122 1/2 N. Greenwood  
TULSA, OKLAHOMA.

### STAFFORD'S CAFE

When in Haskell Visit  
East Main Street.  
Best Home Cooking  
Up-to-Date Meals in any Style.  
Cold Drinks, Tobaccos and Cigars.  
C. STAFFORD,  
Postoffice Box 281.

**S. A. WEAVER**  
BAGGAGE AND TRANSFER  
LIGHT AND HEAVY HAULING  
—Quick Service.—

Phone Osage 1946-R, or Osage 4293.

### MCALISTER PASS TIME

GEORGE MCCARTHY, Prop.  
Dealer in Soft Drinks, Tobacco, Cigars and Confectioneries  
Hamburger and Newspaper Stand in Connection.  
Office Phone 688; Res. 1434.  
341 E. Choctaw Av.  
MCALISTER, OKLA.

### FOR ALLEN FIRST AND LAST

In announcing his candidacy for

### PORO BEAUTY PARLOR



MRS. DE ETTA SMITH, Prop.  
For improving the appearance and the Growth of the Hair it will Pay You to See one who is Experienced in Scientific Treatment of the Scalp and Hair

My Treatment Never Fails to Produce The Best and Most Satisfactory Results in a Short Time  
Mrs. De Etta Smith  
1528 S. 2nd St., Chickasha, Okla.



JACK DENNIS, The Barber.

I am the working man and friend. I arose like the Boston Tar-Baby. I am a Stumbling-block in the other Barbers' way. Come and let me cut that hair, and do that shaving. 318 E. Archer.

Hair Grower Salve and Hair Glosser will make harsh, short, stubborn hair, grow soft and long. The growth coming directly from the Bulbous Hair Roots. Apply at 320 N. Frankfort St., Tulsa, Oklahoma. Mrs. A. Smitherman.

### RED WING BARBER SHOP

The old reliable, now starting at this new famous place of service, 20 years of real Barber experience, with all new ideas. Hair straightening a Specialty. J. B. BEASON, Assistant Manager. Red Wing Hotel Bldg. 208 N. Greenwood Tulsa, Okla.

For Neat and Fancy Sewing, Call to see Mrs. Lucy B. Moore, 219 N. Greenwood street. Work Guaranteed. Have for Sale, Ladies Ready-to-Wear Aprons, House-Caps, Night Gowns, also line of Dr. Lyons Toilet Articles.

W. C. Reid.

P. B. J. Hudson.

### W. C. REID INVESTMENT COMPANY.

Money to Loan on Farm Lands and City Property, Oil and Gas Leases Bought and Sold. See Us.

Notary Public and Public Stenographer in Office.  
Suite 1, 2 Reid Building, Box 994. Phones 1463-2111.

MUSKOGEE, OKLAHOMA.

strange turns. Follow it by reading the news surveys and studying the records of the candidates in The Weekly Kansas City Star.

By Special arrangement with the publishers of The Weekly Kansas City Star, we are able to offer the Tulsa Star and The Weekly Kansas City Star at a special low rate. The regular price of The Weekly K. C. Star is 50 cents a year; the price of The Tulsa Star is \$2.00 a year. The price for both papers one year is \$2.00. If you are already a subscriber to either or both papers, your time will be extended one year under this offer. Subscription prices all over the country are advancing. Take advantage of this unusual inducement. Bring or send your order to The Tulsa Star office today.

### "BOLSHEVISM" DOES NOT WORRY

Members of Our Group Are Stoop Shouldered from Carrying Burdens of Their Own

(A. N. P. Service).  
NEW YORK, N. Y., Mar. 27.—Hugh S. Martin, former captain in the United States army and Chief of the Military Intelligence Service in North Russia, told of the danger from radical propaganda among the Negroes in this country. He said, recently, "Bolshevik propaganda is endeavoring to find a field among the Negro population of the United States as well as among foreign workmen in this country. The sole permanent solution lies in a proper understanding between the two races. Point out to a Negro that, although radicalism offers him temporary respite in the end, as we have so clearly seen in Russia the burden of inevitable disaster will fall mainly upon his shoulders."